

Proven Recipes

Showing the uses
of the

Three Great
Products from
Corn



Corn Products Refining Co.
New York

Corn Products Recipes

Endorsed by Oscar of the Waldorf-Astoria



Published by
CORN PRODUCTS REFINING CO.
NEW YORK
N.Y.

Endorsement

THE RECIPES contained in this Cook Book have my hearty endorsement. They will prove delicious additions to the home menu.

*Oscar
of The Waldorf-Astoria*





START WITH THE RIGHT PRODUCTS

THE importance of good wholesome food economically prepared cannot be over-estimated. Nor should the appetite-value of variety be neglected. And variety in the daily menu is frequently difficult of achievement:

These two things—wholesomeness and variety—have been our chief concern in compiling these recipes and we feel that the busy housewife will find in this little book a very real help in the problem of the family table.

Probably no cook book has been given more thought, nor have its recipes been more scrupulously tested, than this edition of the Corn Products Cook Book.





Corn Products Recipes



MAZOLA is used for deep frying, sauteing, shortening and salad dressing. In frying it is much more economical than butter, lard or suet—Mazola never carries the flavor from one food to another and can be used over and over again to the very last drop. In shortening use one-quarter to one-third less Mazola than of the ordinary shortening fats. Mazola is packed in pint, quart, $\frac{1}{2}$ -gallon, and 1-gallon tins.

ARGO CORN STARCH is especially good for making desserts and is used by good cooks for thickening gravies and sauces. It gives a rich, creamy consistency. This corn starch also gives a fine texture to bread, biscuits, cakes and cookies—and makes pie crusts light and flaky.

KARO is daily used in millions of homes for the table as well as for general cooking, preserving, and candy making. There are three Karos, packed in $1\frac{1}{2}$ -pound, $2\frac{1}{2}$ -pound, 5-pound and 10-pound friction top tins.

KARO (blue label) is used as a spread for bread, hot biscuits, griddle cakes and waffles and for general cooking and candy making.

KARO (red label) is used for preserving, cooking, and candy making.

KARO (green label) appeals especially to those who like the good old maple taste and at the same time want a syrup with plenty of substance.

You will find KARO, MAZOLA and ARGO pure and uniform—this book tells you how to use them to the very best advantage.





Corn Products Recipes



GENERAL DIRECTIONS

PERFECT results are assured when measurements are accurately made and directions carefully followed.



Level—accurate



Rounding



Heaping

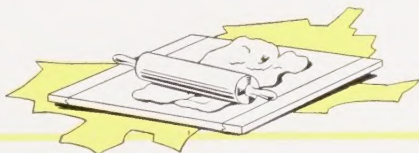
Inaccurate

TABLE OF MEASUREMENTS

3 teaspoons—one tablespoon 2 cups—one pint
16 tablespoons—one cup

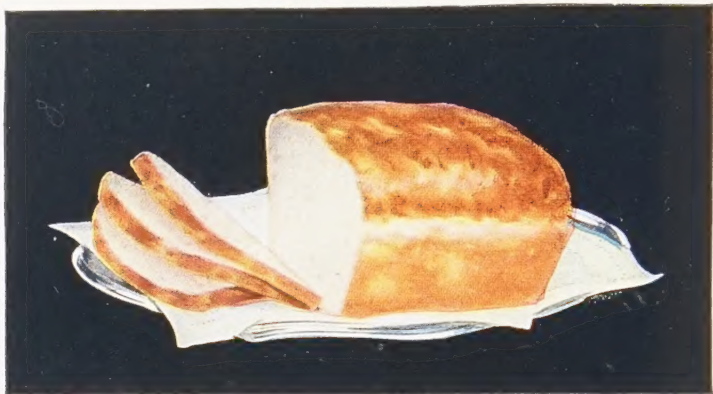
STANDARD measuring utensils should be used. All measurements should be level, and all flour sifted **once** before measuring.

Flour should be put into measuring cup lightly with a tablespoon, and leveled off with the edge of a knife or spatula. Do not strike side or edge of cup when filling.





Corn Products Recipes



WHITE BREAD

- | | |
|----------------------------------|------------------------|
| 12 cups Sifted Flour | 1 tablespoon Salt |
| 1 Yeast Cake | 3 tablespoons Mazola |
| $\frac{1}{4}$ cup Lukewarm Water | 4 cups Lukewarm Liquid |
| 2 tablespoons Karo, Red Label | (Milk or Water) |

ADD Karo and yeast to one fourth cup lukewarm water and stir until yeast is dissolved. Add to the four cups liquid and six cups flour. Beat until light and bubbly. Cover and set in a warm place (80°) for one and a half hours. Add Mazola to sponge, sift salt with remaining six cups of flour and add to sponge. Knead for ten minutes. Cover and let rise until doubled in bulk.



Corn Products Recipes



Mould lightly into four loaves, oil lightly with Mazola, let rise until doubled in bulk. In baking, the oven should be hot the first ten minutes, then reduce heat to moderate temperature, and bake forty-five to fifty minutes. Bread should be a golden brown all over when baked.

GRAHAM OR WHOLE WHEAT BREAD

8 cups Graham Flour, unsifted
2 cups Sifted White Flour
2 teaspoons Salt
 $\frac{1}{4}$ cup Brown Sugar

$\frac{1}{2}$ cup Karo, Blue Label
1 Yeast Cake
2 cups Lukewarm Water
2 cups Milk, scalded and Cooled
2 tablespoons Mazola

DISSOLVE yeast, sugar and Karo in lukewarm water. Add Mazola, then flour and salt gradually. Knead very thoroughly and set in warm place to rise until doubled in bulk. This requires about two hours. Turn dough onto kneading board and mould into three loaves. Cover and let rise about one hour. Bake one hour in slower oven than used for white bread.





Corn Products Recipes

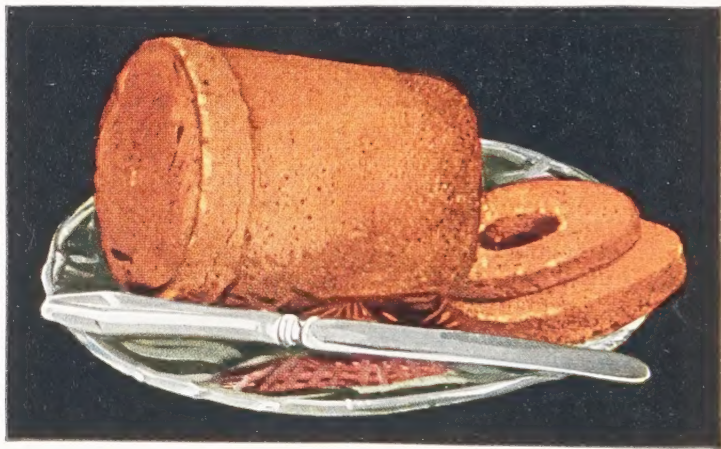


BROWN BREAD

1 cup Rye Meal
1 cup Yellow Cornmeal
1 cup Graham Flour
1 teaspoon Salt
1 teaspoon Soda

1½ teaspoons Baking Powder
1 cup Raisins
½ cup Karo, Blue Label
2 tablespoons Mazola
2 cups Sour Milk

MIX together all dry ingredients. Add raisins, Karo, Mazola, and milk. Mix thoroughly and fill one pound cans one-half full. Steam three hours. Makes four loaves.





Corn Products Recipes



CORN BREAD

- | | |
|--------------------------------|--------------------------------|
| 1 $\frac{1}{4}$ cups Cornmeal | 1 Egg |
| $\frac{3}{4}$ cup Sifted Flour | 2 tablespoons Mazola |
| 1 teaspoon Salt | 3 tablespoons Karo, Blue Label |
| $\frac{1}{2}$ teaspoon Soda | 1 cup Sour Milk or Buttermilk |
| 2 teaspoons Baking Powder | |

SIFT together all dry ingredients. Add egg, Mazola, Karo and milk, and stir until thoroughly mixed. Bake in a hot oven about twenty-five minutes.

PARKER HOUSE ROLLS

- | | |
|------------------------------------|----------------------------------|
| 8 cups Sifted Flour | 1 Yeast Cake |
| 1 teaspoon Salt | $\frac{1}{4}$ cup Lukewarm Water |
| $\frac{1}{2}$ cup Karo, Blue Label | 1 pint Sweet Milk |
| 2 tablespoons Suga | 2 tablespoons Mazola |

SCALD milk, and cool to lukewarm. Add yeast dissolved in one-fourth cup lukewarm water, add half the flour and beat five minutes. Cover and let rise in a warm place for one and a half hours. To the sponge add Mazola, sift salt with remainder of flour and knead well for ten minutes. Let rise until double in bulk. Toss onto lightly floured board. Roll out to one fourth inch thickness. Oil surface and cut with a medium sized biscuit cutter. Fold over handle of silver knife, press edges together, let rise until double in bulk, and bake in hot oven twenty minutes. This makes approximately thirty-six rolls.





Corn Products Recipes



MUFFINS

- | | |
|----------------------------|-------------------------|
| 2 cups Sifted Pastry Flour | 1 tablespoon Karo, Blue |
| 4 teaspoons Baking Powder | Label |
| 1 teaspoon Salt | 2 tablespoons Mazola |
| 1 tablespoon Sugar | 1 Egg |
| | 1 cup Milk |

SIFT together all dry ingredients. Add Mazola, Karo, egg unbeaten, and milk. Stir until well mixed. Bake in muffins tins in a hot oven about twenty to thirty minutes. Makes twelve medium sized muffins.





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POP OVERS

2 Eggs
1 cup Milk
1 tablespoon Mazola

1 cup Sifted Flour
 $\frac{1}{2}$ teaspoon Salt

BEAT eggs until light and thick. Add milk and beat into dry ingredients gradually to avoid lumping. Bake in hot oven about twenty to thirty minutes.

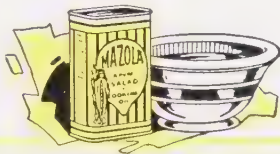
BAKING POWDER BISCUITS

2 cups Sifted Pastry Flour 2 tablespoons Mazola
4 teaspoons Baking Powder $\frac{3}{4}$ to 1 cup Milk
1 teaspoon Salt

SIFT together all dry ingredients. Add Mazola to milk; add liquids to dry ingredients and with knife or spatula make into a soft dough. Toss onto slightly floured board, roll out to one inch thickness, cut with biscuit cutter and bake fifteen minutes in a hot oven.

If a shorter biscuit is desired, more Mazola may be added.

For southern biscuit knead dough slightly before patting out.





Corn Products Recipes



SHORTCAKE

2 cups Sifted Pastry Flour 5 tablespoons Mazola
4 teaspoons Baking Powder $\frac{3}{4}$ to 1 cup Milk
1 teaspoon Salt

SIFT together all dry ingredients. Add Mazola to milk; add liquids to dry ingredients, and with knife or spatula make into a soft dough. Toss onto slightly floured board, pat out to one-half inch thickness, cut into individual shortcakes, or make into family style shortcake. For the individual shortcakes cut out an even number of biscuits, oil tops and place on top of each other. Bake in a hot oven about fifteen minutes.

SOFT GINGERBREAD

2 Eggs 1 teaspoon Baking Powder
 $\frac{1}{2}$ cup Brown Sugar $\frac{1}{2}$ teaspoon Salt
 $\frac{1}{2}$ cup Karo Blue Label 2 cups Flour
 $\frac{1}{3}$ cup Mazola 1 teaspoon Ginger
 $\frac{3}{4}$ cup Sour Milk 2 tablespoons Cocoa
1 teaspoon Baking Soda 1 cup Raisins

SIFT dry ingredients. Add raisins and stir. Mix Karo, Mazola and sour milk. Drop unbeaten eggs into dry ingredients, add liquids and stir well. Bake in slow oven about forty-five minutes.



Corn Products Recipes

WHEAT CAKES

2 cups Sifted Pastry Flour	3 tablespoons Karo,
3 teaspoons Baking Powder	Red Label
1 teaspoon Salt	1 Egg
1 tablespoon Mazola	1 cups Milk

SIFT together all dry ingredients. Add egg unbeaten with Mazola, Karo and milk. Stir until ingredients are thoroughly mixed. Bake on a hot griddle, oiled with Mazola.





Corn Products Recipes



BUCKWHEAT CAKES

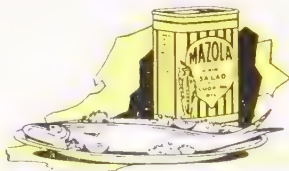
4 cups Buckwheat Flour	1 tablespoon Karo, Blue Label
$\frac{1}{3}$ cup Argo Cornstarch	2 cups Warm Water
2 teaspoons Salt	2 tablespoons Mazola
$\frac{1}{3}$ Yeast Cake	$\frac{1}{2}$ teaspoon Soda
$\frac{1}{2}$ cup Warm Water	

ADD Karo and yeast to the one-half cup lukewarm water and when dissolved add to the two cups lukewarm water. Sift together buckwheat flour and cornstarch and add to liquid. Beat thoroughly and set away in a warm place to rise over night. In the morning add two tablespoons Mazola, salt and $\frac{1}{2}$ teaspoon soda. Beat thoroughly and bake on a hot griddle oiled with Mazola.

WAFFLES

2 cups Sifted Pastry Flour	$1\frac{1}{2}$ cups Milk
4 teaspoons Baking Powder	3 tablespoons Mazola
1 teaspoon Salt	2 Eggs

SIFT together all dry ingredients. Beat egg yolks, gradually add milk and Mazola. Stir liquids into dry ingredients and mix well. Cut and fold in whites of eggs beaten stiff. Have waffle iron hot; oil with Mazola. This makes twelve medium sized waffles.





Corn Products Recipes



CAKE MAKING

MAZOLA simplifies cake making as the tedious process of creaming the fat with the sugar is entirely eliminated.

Any recipe may be used, substituting MAZOLA for butter, using one-fourth to one-third less.

Cake batter made with MAZOLA is thinner than that made with butter as the fat is in liquid form.

All measurements should be level and all flour sifted once before measuring.

Flour should be put into measuring cup lightly with a tablespoon and leveled off with the edge of a knife or spatula. Do not strike side of edge of cup when filling it.

Cake batter should not be beaten after flour is added, as beating toughens the gluten and makes the cake coarse and tough.

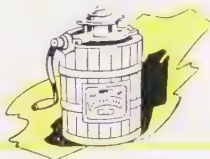
Pastry flour should be used for all cakes as it makes a finer grain and the cake is more tender than if ordinary wheat flour is used. Pastry flour may be made as follows:

PASTRY FLOUR

4 cups Sifted Flour

1 cup Argo Cornstarch

Sift together at least five times





Corn Products Recipes



ORANGE LAYER CAKE

1 cup Sugar
 $\frac{1}{2}$ cup Mazola
 $\frac{1}{2}$ cup Milk
1 Egg Yolk
2 Whole Eggs

Grated Rind of 1 Orange
 $1\frac{1}{2}$ cups Sifted Pastry Flour
3 teaspoons Baking Powder
 $\frac{1}{2}$ teaspoon Salt

SEPARATE EGGS. Beat yolks slightly, add sugar and one tablespoon water taken from water in recipe. Beat one minute with Dover egg beater. Sift together flour, salt and baking powder. Add grated rind of orange. Add orange juice to water, and add to sugar and eggs alternately with dry ingredients. Stir and fold in beaten whites of eggs.

ORANGE FILLING

$\frac{1}{2}$ cup Sugar
3 tablespoons Cornstarch
 $\frac{1}{4}$ teaspoon Salt
 $\frac{1}{4}$ tablespoon Flour
1 tablespoon Mazola

$\frac{3}{4}$ cup Water
1 Egg
1 tablespoon Lemon Juice
Juice and Rind of 1 Orange

MIX dry ingredients. Add water and Mazola and cook fifteen minutes in a double boiler. Beat eggs slightly, add to cooked mixture. Add grated rind of orange, with orange and lemon juice. When cold spread between layers. Use plain white frosting on top.





Corn Products Recipes



KARO SPONGE CAKE

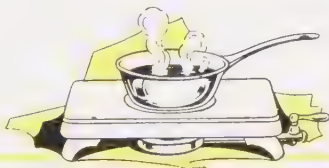
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| 3 Eggs | 1 teaspoon Baking Powder |
| $\frac{1}{2}$ cup Karo, Red Label | 7 teaspoons Hot Milk |
| $\frac{1}{2}$ cup Granulated Sugar | $\frac{1}{3}$ teaspoon Salt |
| 1 cup Sifted Flour | $\frac{1}{2}$ teaspoon Lemon Extract |
| $\frac{1}{4}$ cup Argo Cornstarch | |

BEAT whites of eggs until stiff, add sugar gradually, continue beating, then add Karo. Beat yolks until thick and add, also flavoring. Sift flour, cornstarch, baking powder and salt together and fold into egg mixture, add hot milk gradually, mix lightly and turn into ungreased pan and bake in moderate oven.

CREAM VELVET CAKE

- | | |
|---|------------------------------|
| $1\frac{1}{4}$ cups Sifted Pastry Flour | $\frac{2}{3}$ cup Water |
| $\frac{3}{4}$ cup Sugar | 1 teaspoon Vanilla |
| $2\frac{1}{2}$ teaspoons Baking Powder | $\frac{1}{2}$ teaspoon Lemon |
| $\frac{3}{4}$ teaspoon Salt | 2 Eggs |
| $\frac{1}{3}$ cup Mazola | |

SIFT together all dry ingredients. Mix Mazola, water and flavoring. Add to dry ingredients. Drop in egg yolks and mix thoroughly. Beat whites of eggs stiff and cut and fold in. Makes two layers.



Corn Products Recipes

POUND CAKE

- | | |
|-----------------------------------|---------------------------|
| 1 cup Sugar | 2 teaspoons Baking Powder |
| $\frac{1}{2}$ cup Mazola | $\frac{1}{2}$ cup Milk |
| 1 $\frac{1}{2}$ cups Pastry Flour | 3 Eggs |
| $\frac{1}{2}$ teaspoon Salt | Lemon Flavoring |

BEAT eggs, and sugar and one tablespoon milk taken from amount given in recipe. Beat until light colored. Add Mazola gradually, beating constantly, until light and creamy. Fold in sifted dry ingredients alternately with milk. Cut and fold in stiffly beaten whites of eggs. Bake in a loaf in moderate oven about 35 to 40 minutes.

CHOCOLATE CAKE

- | | |
|-----------------------------|-----------------------------|
| 1 cup Sugar | $\frac{1}{2}$ cup Sour Milk |
| 1 cup Sifted Pastry Flour | 1 Egg |
| 1 teaspoon Baking Powder | 1 teaspoon Vanilla |
| $\frac{1}{4}$ teaspoon Soda | 4 tablespoons Cocoa |
| $\frac{3}{4}$ teaspoon Salt | $\frac{1}{2}$ cup Water |
| $\frac{1}{4}$ cup Mazola | |

SIFT together all dry ingredients. Add milk, Mazola and egg and mix well. Cook cocoa and water until thick and add to cake mixture while hot. Add flavoring and bake in two layers or a loaf.





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LAYER CAKE

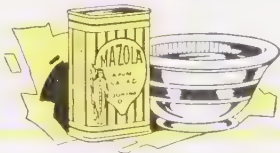
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| 2 Eggs | 1½ cups Sifted Pastry Flour |
| ¾ cup Sugar | 2 teaspoons Baking Powder |
| ½ teaspoon Salt | 1 teaspoon Vanilla Flavoring |
| ⅔ cup Water | |
| ⅔ cup Mazola (6 tablespoons) | |

BREAK eggs, add sugar and beat with Dover beater until light and thick. Add Mazola and water and beat until thoroughly mixed. Fold in sifted dry ingredients. Bake in pans oiled with Mazola.

DEVIL'S FOOD

- | | |
|-----------------------------|----------------------------|
| 2 cups Brown Sugar | |
| 2½ cups Sifted Pastry Flour | ½ cup Mazola |
| 3 teaspoons Baking Powder | 2 Eggs |
| ½ teaspoon Soda | 1 teaspoon Vanilla |
| ¾ cup Sour Milk | 2 squares Bitter Chocolate |
| 1 teaspoon Salt | 1 cup Hot Water |

SIFT together dry ingredients. Add milk, Mazola and drop in eggs. Mix well. Cook chocolate and hot water until thick. Add to cake mixture with flavoring. Makes three layers.





Corn Products Recipes



KARO MAPLE ICING

$\frac{3}{4}$ cup Karo, Green Label
1 Egg White
 $\frac{1}{2}$ teaspoon Baking Powder

Vanilla Flavoring
Pinch of Salt

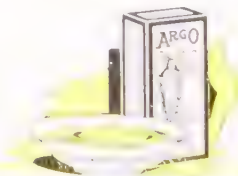
BOIL Karo until it makes a soft ball in cold water. Add salt and baking powder to egg white and beat until stiff, gradually pouring on the Karo, beating constantly.

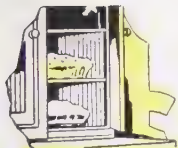
MARSHMALLOW ICING

$1\frac{1}{3}$ cups Sugar
 $\frac{1}{2}$ cup Cold Water
1 tablespoon Karo, Red
Label
1 Egg White

1 tablespoon Marshmallow
Cream, or 6 Marsh-
mallows
Flavoring

BOIL sugar, Karo and Water until sugar is thoroughly dissolved, and syrup is clear. Beat white of egg stiff, add marshmallow cream or marshmallows, then gradually add the syrup a tablespoonful at a time, beating constantly with a Dover egg beater. Allow syrup to boil constantly until all is used up. This icing may be kept several days.





Corn Products Recipes



PLAIN ICING

1 cup Confectioner's Sugar $\frac{1}{4}$ teaspoon Flavoring
2 teaspoons Mazola $\frac{1}{8}$ teaspoon Salt
2 tablespoons Cream or Water

Mix all together until rich and creamy, and spread over cake. For chocolate icing add 1 square of chocolate.

MOCHA FROSTING

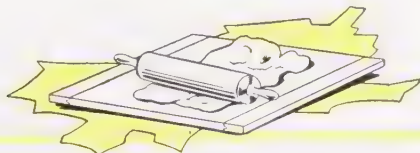
1 cup Confectioner's Sugar 5 teaspoons Boiling Hot
4 teaspoons Cocoa Coffee
2 teaspoons Mazola Vanilla flavoring

Mix all together until rich and creamy and spread over cake.

CHOCOLATE FUDGE FROSTING

1 $\frac{1}{2}$ cups Brown Sugar $\frac{1}{2}$ cup Sweet Milk
2 tablespoons Karo, Blue 1 square Chocolate
Label
1 tablespoon Mazola

COOK slowly for fifteen minutes, or, until it forms a soft ball when dropped in cold water. Cool for ten minutes. Beat until creamy.





Corn Products Recipes

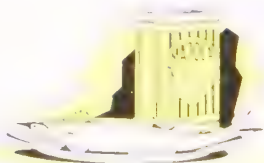


SUGAR COOKIES

2 cups Sugar
1 cup Mazola
1 cup Sour Cream
2 Eggs

1/2 teaspoon Soda
1/2 teaspoon Salt
Vanilla
1/2 cup Raisins (Optional)

MIX liquids and add to stirred dry ingredients. Raisins, coconut or nuts may be added if desired. Roll out on slightly floured board.





Corn Products Recipes



GINGER COOKIES

- | | |
|---------------------------------|------------------------------------|
| 1 cup Brown Sugar | 1 teaspoon Salt |
| 5 cups Sifted Pastry Flour | $\frac{1}{2}$ cup Karo, Blue Label |
| 1 teaspoon Soda | $\frac{1}{2}$ cup Molasses |
| 2 teaspoons Baking Powder | 1 cup Mazola |
| 1 teaspoon Ginger | 1 cup boiling Water |
| $\frac{1}{2}$ teaspoon Cinnamon | 3 Eggs |
| $\frac{1}{2}$ teaspoon Cloves | |

SIFT dry ingredients. Add eggs and liquids and stir well. Drop from spoon onto oiled tins. Bake in moderate oven. One-half cup jelly or jam may be added to this recipe.

CINNAMON COFFEE CAKE

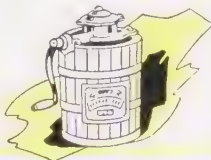
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| 1 $\frac{1}{2}$ cups Sifted Flour | 2 tablespoons Karo, |
| $\frac{1}{2}$ teaspoon Salt | Red Label |
| 2 teaspoons Baking Powder | 2 tablespoons Mazola |
| 1 beaten Egg | $\frac{1}{2}$ cup Milk |

SIFT dry ingredients into mixing bowl, add milk, Karo, Mazola and beaten egg. Mix well and pour into shallow pan oiled with Mazola.

TOPPING

- | | |
|------------------------------------|-----------------------|
| 1 $\frac{1}{2}$ tablespoons Mazola | 1 tablespoon Cinnamon |
| 3 tablespoons Sugar | Pinch of Salt |
| 1 tablespoon Flour | |

MIX until crumbly and scatter evenly on top of cake. Bake in quick oven, about 25 minutes.





Corn Products Recipes



CREAM PUFFS

1 cup Water
1 cup Pastry Flour
 $\frac{1}{2}$ teaspoon Salt

$\frac{1}{3}$ cup Mazola
4 Eggs

BRING water and Mazola to a boil. Add flour and salt and cook until mixture leaves sides of pan. Remove from fire. Cool and add unbeaten eggs, one at a time, beating thoroughly after each egg is added. Bake fifteen minutes in a hot oven, reduce heat to moderate and continue baking twenty to twenty-five minutes longer. Fill with chocolate or cream filling, which should be cold.

CREAM FILLING

1 cup Sugar
 $4\frac{1}{2}$ tablespoons Argo Corn-
starch
 $\frac{1}{8}$ teaspoon Salt

2 cups Milk
 $\frac{1}{2}$ teaspoon Flavoring
2 Eggs

MIX dry ingredients. Add milk and cook in a double boiler fifteen minutes. Beat eggs slightly and add to the cooked mixture. Cool and add flavoring. For Chocolate filling add 1 square of Chocolate.





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PASTRY MAKING

PASTRY is made with Mazola the same as with any other fat.

As a time saver beat Mazola and water thoroughly and add to sifted dry ingredients. Mix together lightly with a spatula or fork, roll out on slightly floured board to $\frac{1}{8}$ inch thickness.

A small amount of baking powder, or a little lemon juice added to pastry makes it flakier and more easily digested.

Where two crusts are placed together, the under crust should always be brushed with cold water, the upper crust placed over it and the two edges pressed firmly together.

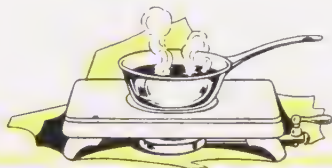
When juicy fruit is used for a filling, some of the juice is likely to escape. To prevent this bind edges with a strip of cloth wrung out of hot water.

When crust is baked before filling is added, cover an inverted pie plate with pastry and prick before baking.

Crusts and fillings should be cold before putting together to prevent sogginess.

The oven for all pies should be moderately hot.

Use $\frac{1}{4}$ to $\frac{1}{3}$ less Mazola than lard or compounds in making pastry.



Corn Products Recipes



PIE CRUST I

2 cups Flour
1/2 cup Mazola

Pinch of Salt
Ice Water

Work Mazola well into the flour and salt, add enough ice water to hold together, (about 1/4 cup), and roll out at once. 1/2 teaspoon of baking powder may be added if desired.





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PIE CRUST II

1 $\frac{1}{4}$ cups Sifted Pastry Flour $\frac{1}{3}$ cup Mazola
 $\frac{3}{4}$ teaspoon Salt 4 tablespoons Cold Water
 $\frac{1}{2}$ teaspoon Baking Powder

SIFT dry ingredients. Add water to Mazola and beat until creamy. Mix quickly into dry ingredients. Toss onto slightly floured board and roll to desired thickness. This recipe makes one double crust pie.

BERRY PIES

WASH berries and pick over. For raspberries, blackberries, blueberries and loganberries, mix $\frac{3}{4}$ cup sugar with one tablespoon of Argo corn starch for each pie and stir into berries.

When using cranberries, currants, gooseberries and cherries mix 1 $\frac{1}{2}$ cups sugar with two tablespoons Argo Corn Starch and add to fruit.





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LEMON CREAM PIE

$\frac{3}{4}$ cup Sugar
 $1\frac{3}{4}$ cups Water
1 teaspoon Salt
3 tablespoons Argo Corn-
starch

2 tablespoons Flour
Grated Rind of 1 Lemon
Juice of 2 Lemons
2 Eggs

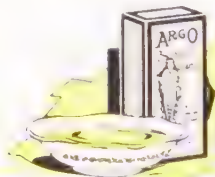
SIFT dry ingredients. Add water and cook in double boiler until thick. Add egg yolks slightly beaten. Add lemon juice. Cool and fill pastry shell. Beat egg whites stiff, allowing a tablespoon sugar for each egg. Spread on top of pie. Place in hot oven and brown quickly.

PUMPKIN PIE

1 cup Stewed Pumpkin
 $\frac{3}{4}$ cup Sugar
1 tablespoon Argo Corn-
starch
 $\frac{1}{2}$ teaspoon Salt

$\frac{1}{2}$ teaspoon Ginger
1 teaspoon Cinnamon
 $1\frac{1}{2}$ cups Milk
2 Eggs
1 tablespoon Mazola

STIR dry ingredients into pumpkin. Add slightly beaten eggs and milk. Bake in one crust in very moderate oven.





Corn Products Recipes



CHEESE STRAWS

Pie Crust Dough

1 cup Grated Cheese

ROLL out pie crust dough to $\frac{1}{8}$ -inch thickness, sprinkle one-half with part of the grated cheese, fold over, roll out and repeat process until all of the cheese has been used. Sprinkle with paprika, cut in strips five inches long, one-fourth inch wide, and bake in moderate oven. Cheese straws are piled log cabin fashion and served with cheese or salad course.

BANBERRY TARTS

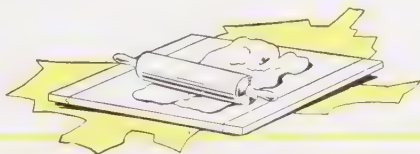
Pie Crust Dough

Filling

1 Egg
 $\frac{1}{2}$ cup Sugar
 $\frac{1}{2}$ cup Karo, Red Label
1 tablespoon Mazola

4 Crackers
1 cup Raisins, chopped
1 cup Nuts, chopped
Grated rind and juice of
1 Lemon

COOK sugar, Karo, Mazola, raisins and crackers until thick. Add egg slightly beaten. Remove from fire and add lemon juice and grated rind, and nuts. Roll pastry one-eighth inch thick





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and cut pieces $8\frac{1}{2}$ inches long by 3 inches wide. Put 2 teaspoons of the mixture on each piece, moisten edge with cold water half way round, fold over, press edges together, and bake in moderate oven.

CORNSTARCH BLANC MANGE

2 cups Milk
 $\frac{1}{2}$ cup Sugar
4 tablespoons Argo Corn-
starch

2 Eggs
 $\frac{1}{4}$ teaspoon Salt
Flavoring

MIX dry ingredients. Add milk. Cook in double boiler until thick. Add egg, slightly beaten. Remove from fire and add flavoring. Pour into moulds dipped in cold water. Serve with cream.

CHOCOLATE BLANC MANGE

2 cups Milk
 $\frac{1}{2}$ cup Sugar
4 tablespoons Argo Corn-
starch

$\frac{1}{4}$ teaspoon Salt
2 Eggs
1 square Chocolate

COOK milk, sugar, cornstarch, salt and chocolate in double boiler until thick. Add eggs, beaten slightly, and flavoring. Mould, fill and serve with cream.





Corn Products Recipes



PLUM PUDDING

This pudding is made with left overs such as stale cake, bread crusts, crackers, cookies, and doughnuts.

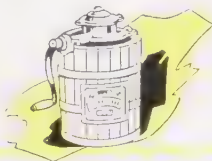
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|--|---------------------------------|
| 3 cups Crumbs soaked in cold water and water pressed out | 1 Orange Peel, finely chopped |
| 1 $\frac{1}{4}$ cups Flour | 2 teaspoons Cinnamon |
| $\frac{1}{2}$ cup Sugar | 1 teaspoon Mace |
| 1 cup Karo Blue Label | $\frac{1}{2}$ teaspoon Allspice |
| 1 package Raisins | $\frac{1}{4}$ teaspoon Cloves |
| $\frac{1}{2}$ cup Mazola | 1 teaspoon Salt |
| 3 Apples, chopped | $\frac{1}{2}$ teaspoon Soda |
| 1 Lemon Peel finely chopped | 1 teaspoon Baking Powder |

SIFT dry ingredients, add fruit, and stir well. Add Mazola to Karo, and beat thoroughly, and with crumbs add to dry ingredients. Steam three hours. This makes three 1-pound puddings. If cake, cookies, or doughnut crumbs are used, omit the sugar.

BAKED APPLE ROLL

- | | |
|---------------------------|------------------------|
| 2 cups sifted Flour | 2 tablespoons Mazola |
| 2 teaspoons Baking Powder | $\frac{3}{4}$ cup Milk |
| 1 teaspoon Salt | |

SIFT dry ingredients. Mix liquids and combine. Roll out $\frac{1}{4}$ -inch thick, spread over with sliced





Corn Products Recipes



apples, sprinkle lightly with sugar and cinnamon. Roll up as for jelly roll. Slice one inch thick, set on end in baking pan well oiled with Mazola and pour over a sauce made as follows:

$\frac{3}{4}$ cup Sugar
 $\frac{1}{2}$ cup Karo, Green Label
 $1\frac{1}{2}$ tablespoons Argo Corn-
starch

2 cups Cold Water
2 tablespoons Mazola
Dash of Nutmeg

Cook sauce five minutes. Bake until apples are tender and serve hot.

LEMON SAUCE

1 cup Sugar
 $\frac{1}{2}$ cup Karo, Red Label
2 tablespoon Argo Corn-
starch
1 tablespoon Flour
1 tablespoon Mazola
Grated rind of half an Orange

1 cup Boiling Water
 $\frac{1}{4}$ teaspoon Salt
2 tablespoons Lemon Juice
2 tablespoons Orange Juice
Grated rind of half a
Lemon

COOK sugar, cornstarch, flour, Karo, Mazola and water in double boiler twenty minutes. Add fruit juice and rind.





Corn Products Recipes



VANILLA SAUCE

1 cup Sugar
2 tablespoons Argo Corn-
starch
1 tablespoon Flour
1 tablespoon Mazola

$\frac{1}{2}$ cup Karo, Green Label
1 cup Boiling Water
 $\frac{1}{2}$ teaspoon Vanilla

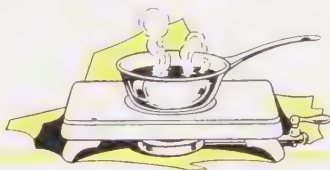
COOK sugar, cornstarch, flour, Mazola, Karo, and water in double boiler twenty minutes. Remove from fire and add flavoring.

CHOCOLATE SAUCE

2 tablespoons Argo Corn-
starch
1 tablespoon Flour
 $\frac{1}{4}$ cup Cocoa
 $\frac{1}{4}$ teaspoon Salt

$1\frac{1}{2}$ cups Water
 $\frac{1}{2}$ cup Karo, Blue Label
 $\frac{3}{4}$ cup Sugar
1 tablespoon Mazola
 $\frac{1}{2}$ teaspoon Vanilla

COOK sugar, flour, cornstarch, salt, cocoa, Mazola, Karo and water in double boiler twenty minutes. Remove from fire and add flavoring.



Corn Products Recipes

VANILLA ICE CREAM

2½ cups Milk	2 Egg Yolks
1 cup Cream	1¼ cups Karo, Red Label
1½ teaspoons Argo Cornstarch	1 tablespoon Vanilla
½ teaspoon Salt	

MIX cornstarch with two tablespoons of the milk. Cook one cup milk, corn starch and Karo over hot water fifteen minutes from the time the mixture thickens. Remove from fire and pour mixture slowly onto slightly beaten egg yolks, stirring constantly. Put mixture into freezer, turn crank slowly first five minutes, then rapidly until mixture is frozen, which operation takes about fifteen minutes. Remove dasher and pack. Cover with a heavy cloth or piece of carpet. Use one part salt to three parts ice.

MAPLE MOUSSE

1 cup Karo, Green Label	2 cups Cream
3 Eggs	

HEAT syrup and pour over beaten yolks of eggs, stirring briskly. Whip cream and white of egg and fold into first mixture. Pack in ice and salt and let stand several hours without stirring. Serves eight.





Corn Products Recipes



BAKED APPLES A LA KARO MAPLE

6 medium sized Apples
Grated rind of 1 Lemon

1 cup Water
1 cup Karo, Green Label

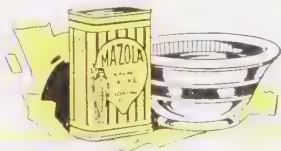
CORE apples and place in casserole. Make a syrup of the Karo and water. Add grated rind and pour over apples. Cover and bake twenty to thirty minutes.

DRIED FRUIT

WASH dried fruit in warm water. Cover with cold water and soak over night. To one pound prunes add $\frac{3}{4}$ cup Karo, Red Label, and $\frac{1}{4}$ lemon, chopped fine. Let simmer gently two hours.

To one-half pound apricots and one-half pound peaches, add one cup Karo, Red Label, and let simmer one and one-quarter hours.

To one pound of pears add one cup Karo, Red Label, and let simmer two hours.





Corn Products Recipes



DEEP FAT FRYING

Foods fried in MAZOLA are much more digestible than those fried in lard, compounds, etc.

Deep fat frying is used for various foods—doughnuts, croquettes, fritters, fish, French fried potatoes, etc. Better results are obtained with deep fat frying and with less trouble than when a skillet is used—also, less fat is consumed.

Mazola should not be smoking, as it is hot enough for successful frying long before it begins to smoke.

To test Mazola, drop a portion of the food that is to be fried into the Mazola; if it rises to the surface at once, it is hot enough to fry in.

Onions, doughnuts, croquettes, and fish may all be fried in the same oil, and the Mazola afterwards used in cake or pie crust, as Mazola does not absorb the flavor of anything cooked in it.

There is no waste to Mazola as it may be used over and over again to the very last drop.

Mazola is excellent for sautéing potatoes, fish, etc.





Corn Products Recipes

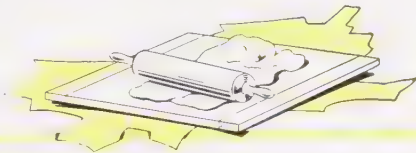


DOUGHNUTS

2½ cups Flour
½ cup Sugar
1 teaspoon Salt
4 teaspoons Baking Powder

½ teaspoon Cinnamon
or Mace
½ cup Milk
2 Eggs
3 tablespoons Mazola

SIFT together dry ingredients. Drop in eggs, add milk, Mazola and mix well. Roll out on slightly floured board. Cut and fry in deep, hot Mazola.





Corn Products Recipes



CRULLERS

3 Eggs
1 cup Sugar
1 teaspoon Salt
3 tablespoons Mazola
1 cup Sour Milk or Butter-
milk

5 cups Sifted Flour
1 teaspoon Baking Powder
 $\frac{1}{2}$ teaspoon Soda
1 teaspoon Mace or Nut-
meg

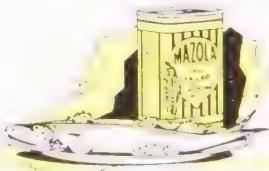
THOROUGHLY mix first five ingredients. Sift together flour, baking powder, soda and spice, and add to first mixture. Mix thoroughly and roll out on slightly floured board. Shape into crullers and fry in deep, hot Mazola.

CHICKEN CROQUETTES

2 cups Chopped Cooked
Chicken
 $\frac{3}{4}$ cup thick White Sauce
 $\frac{1}{2}$ teaspoon Salt

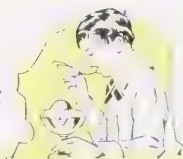
Dash of Paprika
1 Egg Yolk
 $\frac{1}{4}$ teaspoon Celery Salt
1 teaspoon Lemon Juice

COMBINE chicken, sauce and seasonings. Stir in egg yolk. Shape, roll in cracker crumbs, then into slightly beaten egg, and again in cracker crumbs. Fry in deep, hot Mazola.





Corn Products Recipes

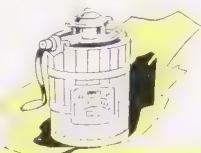


FRENCH FRIED POTATOES

WASH and pare potatoes. Cut in eighths lengthwise. Wash in cold water, dry between towels and fry in deep, hot Mazola. Sprinkle with salt.

SARATOGA CHIPS

WASH and pare potatoes. Slice thinly, using vegetable slicer, into a bowl of cold water. Let stand until crisp. Dry between towels and fry in deep, hot Mazola until light brown. Remove from kettle and sprinkle with salt.





Corn Products Recipes



PLAIN FRITTERS

1 cup Flour
 $\frac{1}{2}$ teaspoon Salt
2 Eggs

1 tablespoon Mazola
 $\frac{1}{2}$ cup Milk
1 teaspoon Baking Powder

SIFT dry ingredients. Add eggs unbeaten with Mazola and milk and stir until well mixed. Drop by spoonfuls into hot Mazola. Cook until golden brown. Serve with Karo, Green Label.

APPLE FRITTERS

ADD one-fourth cup sugar, $1\frac{1}{2}$ cups chopped Apples and $\frac{1}{4}$ teaspoon mace or cinnamon to recipe for plain fritters.

BANANA FRITTERS

3 Bananas
1 tablespoon Sugar
2 teaspoons Lemon Juice

2 teaspoons Grated Orange
Rind

REMOVE skins from bananas. Cut into halves lengthwise and cut halves crosswise. Sprinkle with sugar, lemon juice and orange rind. Cover and let stand thirty minutes. Dip in plain fritter batter, fry in deep hot Mazola. Serve with lemon sauce.



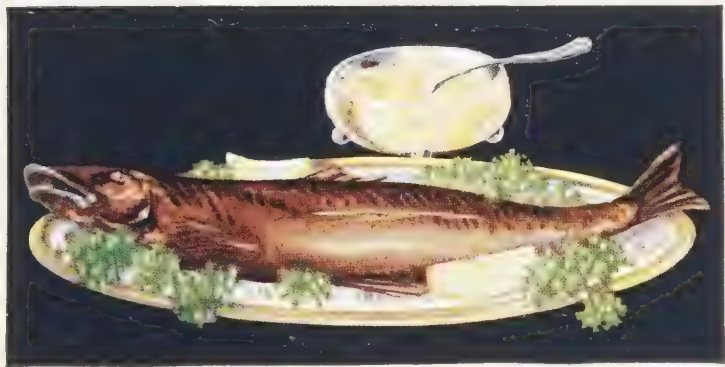
Corn Products Recipes

FRIED CHICKEN

SELECT a young chicken. Disjoint and cut up as for fricassee. Roll each piece in egg and cracker dust and fry in hot Mazola, then place cover on pan and let simmer for about 10 minutes.

FRIED FISH

CLEAN, wash and drain fish. Cut in convenient sizes for serving. Dredge with flour or cornmeal and fry in deep, hot Mazola. Fish fried in this way will not be grease soaked and is therefore more palatable and wholesome.





Corn Products Recipes



WHITE SAUCE NO. 1

1 tablespoon Mazola 1/4 teaspoon Salt
1 tablespoon Argo Cornstarch A dash of Pepper
1 cup Milk

MIX cornstarch, salt and pepper. Add Mazola and milk. Cook over a slow fire five minutes, or fifteen minutes in double boiler. This sauce is for soups, macaroni and starch foods.

WHITE SAUCE NO. II

1 tablespoon Mazola 1/4 teaspoon Salt
2 tablespoons Argo Cornstarch A dash of Pepper
1 cup Milk

COOK same as No. 1. This sauce is for creamed vegetables and scalloped dishes.

WHITE SAUCE NO. III

2 tablespoons Mazola 1/4 teaspoon Salt
4 tablespoons Argo Cornstarch A dash of Pepper
1 cup Milk

COOK same as No. 1. This sauce is for cutlet, and croquettes.





Corn Products Recipes



BAKED BEANS

1 quart Dried Beans 1½ teaspoons Salt
1 medium sized Onion ⅓ to ½ cup Mazola
4 tablespoons Karo Blue Label

WASH beans thoroughly and soak over night. Use the same water to boil beans. Cook slowly until barely tender. Put in bean pot, add Mazola, Karo, onion and salt. Bake in a moderate oven until tender.

SALADS

Salads furnish valuable mineral salts and also give variety to the diet.

All ingredients for salads should be fresh, crisp and cold. Wash lettuce thoroughly and place in a paper bag, on ice, if possible.

Salad ingredients should be cut in rather small, even-sized pieces—never chopped.

All salad ingredients should be separately and lightly tossed in a small amount of French dressing before combining, or adding Mayonnaise dressing.

Mazola has the same food value as olive oil and is just as easily digested, with the added advantage that it does not become rancid.

Mazola is more easily emulsified than olive oil.





Corn Products Recipes

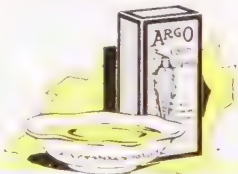


FRENCH DRESSING

8 tablespoons Mazola
3 tablespoons Lemon Juice
or Vinegar

$\frac{1}{2}$ teaspoon Salt
1 teaspoon Sugar
 $\frac{1}{8}$ teaspoon Paprika

MIX dry ingredients. Add Mazola and lemon juice or vinegar and beat until creamy. This dressing may be made in larger quantities and kept in a bottle and shaken as used.





Corn Products Recipes



MAYONNAISE DRESSING

1 cup Mazola
1 Egg Yolk
 $\frac{1}{2}$ teaspoon Sugar
 $\frac{1}{2}$ teaspoon Salt

$\frac{1}{8}$ teaspoon Paprika
3 tablespoons Lemon Juice
or Vinegar

ADD well mixed seasonings to egg, with one teaspoon lemon juice or vinegar and beat well, adding one teaspoon Mazola at a time until mixture thickens, after which the Mazola may be added more rapidly. Thin with lemon juice or vinegar when necessary. The white of egg may be beaten stiff and folded in last.



Corn Products Recipes



SAUCE TARTARE

(For fried fish, oysters, crabs, scallops or entrees)

1 cup Mayonnaise
2 tablespoons Capers
2 tablespoons Olives
2 tablespoons Gherkins

1 tablespoon Parsley
 $\frac{1}{4}$ tablespoon of Onion Juice
or Finely Chopped
Shallots or White
Onions

CHOP capers, olives, gherkins and parsley very fine. Fold into the mayonnaise and serve cold.



HOLLANDAISE SAUCE

2 Egg Yolks
 $\frac{1}{3}$ cup Mazola
 $\frac{1}{3}$ cup Boiling Water

$\frac{1}{3}$ teaspoon Salt
 $\frac{1}{8}$ teaspoon Paprika
 $1\frac{1}{2}$ tablespoons Lemon Juice

BEAT egg yolks. Gradually add Mazola, with seasonings and boiling water. Put into double boiler and cook until thick. Remove from fire and add lemon juice.

May be served hot or cold.

To be served on asparagus, boiled fish or salads.





Corn Products Recipes



RUSSIAN DRESSING

- | | |
|-----------------------|-------------------------------|
| 1 cup Mayonnaise | 2 tablespoons Chili Sauce |
| 1 Pimento—Chopped | 1 teaspoon Tarragon Vinegar |
| 1 tablespoon Chopped | $\frac{1}{2}$ teaspoon Salt |
| Chives or White Onion | $\frac{1}{4}$ teaspoon Pepper |

MIX thoroughly and serve on cabbage, spinach, or romaine salad.

CLUB DRESSING

- | | |
|-----------------------------------|--------------------------|
| $\frac{1}{2}$ cup French Dressing | 1 level teaspoon Chopped |
| $\frac{1}{2}$ cup Chili Sauce | Chives or Onion |
| 1 teaspoon Worcestershire Sauce | |

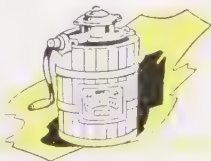
MIX all ingredients thoroughly and serve on lettuce.

VINAIGRETTE SAUCE

- | | |
|-----------------------------|-------------------------|
| 2 yolks of Hard Boiled Eggs | 1 teaspoon Salt |
| 3 tablespoons Mazola | 1 teaspoon White Pepper |
| 2 tablespoons Finely | 3 tablespoons Tarragon |
| Chopped White Onion | Vinegar |

PRESS egg yolks through sieve, add gradually the Mazola and when thoroughly mixed add seasonings.

Serve with broiled or baked lamb or veal, or stuffed heart.





Corn Products Recipes



COOKED SALAD DRESSING

- | | |
|---|------------------------------------|
| 4 tablespoons Sugar | $\frac{1}{8}$ teaspoon Red Pepper |
| 1 teaspoon Salt | 6 tablespoons Vinegar |
| 2 $\frac{1}{2}$ tablespoons Argo Cornstarch | 1 $\frac{1}{2}$ cups Boiling Water |
| 1 tablespoon Flour | 2 tablespoons Mazola |
| 1 tablespoon Mustard | 2 Eggs |

MIX dry ingredients. Add vinegar, water and Mazola. Cook until thick. Add two eggs slightly beaten. Thin with Mazola or cream.

FRUIT SALAD DRESSING

- | | |
|-----------------------------------|------------------------------|
| $\frac{1}{4}$ cup Pineapple Juice | 1 tablespoon Argo Cornstarch |
| $\frac{1}{4}$ cup Orange Juice | $\frac{1}{2}$ cup Sugar |
| $\frac{1}{4}$ cup Lemon Juice | 2 Eggs |
| 3 tablespoons Water | |

HEA T liquids to boiling point. Stir dry ingredients. Stir hot liquid into dry ingredients. Cook in double boiler 15 minutes. Slightly beat eggs, adding a little of the cooked mixture at a time, beating constantly until all has been used. Put back on stove one minute. Thin with whipped cream.





Corn Products Recipes



POTATO SALAD

2 cups Diced Potatoes 2 tablespoons Chopped
1/2 cup Diced Celery Onion
2 tablespoons Chopped Parsley 1 teaspoon Salt
2 tablespoons Chopped Green
Peppers

ADD French dressing and sprinkle with chopped parsley.

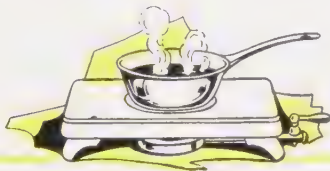
PINEAPPLE AND CHEESE SALAD

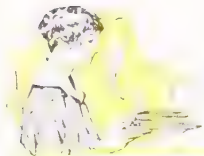
ARRANGE pineapple on lettuce. Place cheese and mayonnaise on pineapple.

WALDORF SALAD

2 cups Diced Apples 1 cup Diced Celery
1/2 cup Chopped Nuts

SERVE on lettuce with mayonnaise or cooked salad dressing.





Corn Products Recipes



KARO FOR PRESERVING

KARO (Red Label) and sugar in equal quantities makes the very finest preserves, jams and jellies.

Karo prevents crystallization.

When Karo is used more of the natural flavor of the fruit is retained without the cloying sweetness of an all sugar preserving syrup.

Use perfectly ripened, unbruised fruits for canning, when possible, in order to get the best form, color and flavor.



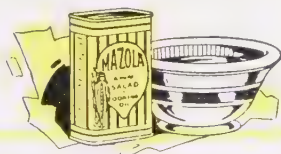


Corn Products Recipes



CANNING WITH KARO

5 Lbs. Fruit	Sugar Cups	Karo Red Label Cups	Water, Cups	Cold Pack Time of Boiling (Min.)
Apples—sour	1 ³ / ₄	1 ³ / ₄	6	20
Apricots	1 ¹ / ₄	1 ¹ / ₄	2	15
Berries	1 ³ / ₄	1 ³ / ₄	1	15
Cherries—sour	2 ³ / ₄	2 ³ / ₄	3	15
sweet	1 ³ / ₄	1 ³ / ₄	3	15
Currants	3 ¹ / ₄	3 ¹ / ₄	2	15
Peaches	1 ¹ / ₄	1 ¹ / ₄	2	15
Pears	1 ¹ / ₄	1 ¹ / ₄	3	15
Pineapple	1 ¹ / ₄	1 ¹ / ₄	3	20
Prunes	1 ³ / ₄	1 ³ / ₄	2	20
Quinces	1 ³ / ₄	1 ³ / ₄	6	30





Corn Products Recipes

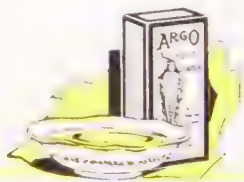


STEPS IN COLD PACK CANNING

1. Sterilize jars and rubbers.
2. Prepare fruit.
3. Heat sugar, Karo and water to boiling.
4. Pack fruit in sterilized jars.
5. Pour syrup over fruit.
6. Place rubbers on jars.
7. Place covers on jars —not tight.
8. Place jars in hot water bath, and sterilize required length of time, as given in above table. Count time when water begins to boil.
9. Remove from bath, screw cover down tight, invert on table to cool and to be sure they do not leak.
10. Store in dark place as light fades the color of the fruit.

ADVANTAGE OF USING KARO

KARO prevents jelly from crystalizing, and makes a better product.





Corn Products Recipes



STEPS IN OPEN KETTLE METHOD

1. Sterilize jars and rubbers.
2. Prepare fruit.
3. Heat sugar, Karo and water until sugar is dissolved.
4. Add fruit and cook until fruit is tender.
5. Pack in sterilized jars inserting a silver fork between fruit and jar to break up any air bubbles.
6. Wipe top carefully, fit rubbers, put on top and seal at once.
7. Invert jar on table to cool and to be sure it does not leak.
8. Store in cool, dark place.





Corn Products Recipes



PRESERVES AND JAMS

Fruit	2 cups
Karo, Red Label	1 cup
Sugar	1 cup

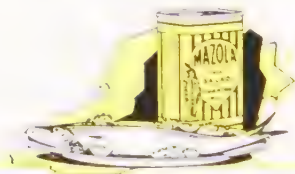
COOK sugar and Karo until sugar is dissolved. Do not add water. Add fruit and bring slowly to boiling point. Remove from fire, cool and remove fruit from syrup. Cook syrup until quite thick. Add fruit and heat thoroughly, being careful not to boil. Place in sterilized jars and seal at once.

Pears should be steamed or par-boiled fifteen minutes before adding to syrup. Preserved ginger or preserved lemon makes a pleasing addition to pear preserves.

PLUM CONSERVE

5 dozen Blue Plums	1 package Raisins
4 Oranges	2 cups Chopped Walnuts
1 Lemon—Juice only	2 cups Brown Sugar
1 pound Figs	4 cups Karo, Blue Label

COOK fruits in syrup made of Karo and sugar for forty-five minutes. Add nuts the last five minutes before removing from fire. Pack in sterilized jars or glasses.





Corn Products Recipes

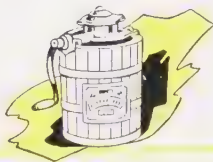


ORANGE MARMALADE

3 Oranges
1 Grapefruit
2 Lemons

Granulated Sugar
Karo, Red Label
Cold Water

WIPE fruit, then pare the thin yellow skin and cut into shreds with scissors. Slice peeled fruit, rejecting all seeds, then measure pulp, juice and rind, place in saucepan and cover with three times as much cold water and let stand over night. Next morning bring quickly to boiling point and boil hard for 15 minutes, then stand another 24 hours and measure again. Allow to each cup of cooked ingredients, $\frac{1}{2}$ cup Karo and $\frac{1}{2}$ cup granulated sugar. Place Karo, sugar and fruit mixture in saucepan, bring quickly to boiling point and boil briskly for about 1 hour, or until liquid shows a jelly. Cool lightly, then fill sterilized glasses and cover them with melted paraffin when perfectly cold. Store in cool, dark closet. A delicious and economical marmalade.





Corn Products Recipes



JELLY MAKING

WASH and pick over fruit carefully, remove stems and imperfections. Cook fruit in a granite kettle. Mash a few berries in bottom of pan before beginning to cook them. Hard fruits should be washed and quartered, and cooked with half the amount of water.

Use a jelly bag made of closely woven material. Outing flannel makes a very good bag. Do not squeeze the pulp, but let it drip slowly. This will give a clear, delightfully flavored jelly. Sometimes two or three extractions can be made from the same pulp.

Add sugar to Karo and heat to boiling. By heating the sugar and Karo, the time of cooking the jelly will be shortened, and a better product will result. Boiling should be steady, not violent.

BLACKBERRIES, raspberries and strawberries do not make a good jelly alone, and should be combined with apple, current or plum juice.



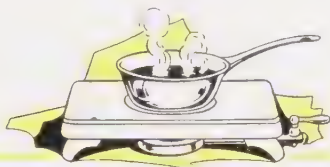


Corn Products Recipes



JELLY MAKING

		Proportions Cup Measure		Time of Boiling (Minutes)	
		Fruit Juice	Sugar	Karo Red Label Before Add- ing Sugar & Karo	After Add- ing Sugar and Karo
Before Dripping	Fruit	After Dripping			
Remove imperfections and cut in quarters. Add water to cover. Cook slowly till soft.	Apple.....	2	$\frac{3}{4}$	$\frac{3}{4}$	15
	Crabapple..	2	$\frac{3}{4}$	$\frac{3}{4}$	5
	Quince.....	2	$\frac{3}{4}$	$\frac{3}{4}$	6
Pick over. Wash. Mash a few in bottom of kettle, adding more and continue to heat and mash till juice flows freely from all the fruit. Add no water.	Currant....	2	1	1	10
	Plum.....	2	1	1	5
	Grape.....	2	1	1	5





Corn Products Recipes



CHOCOLATE FUDGE

3 cups Granulated Sugar	$\frac{3}{4}$ cup Milk
3 tablespoons Cocoa	1 tablespoon Mazola
2 tablespoons Karo, Blue Label	1 teaspoon Vanilla
$\frac{1}{4}$ teaspoon Salt	

COOK together sugar, cocoa, Karo, Mazola, salt and milk until it forms a soft ball when dropped in cold water. Set aside until cool. Add vanilla and beat until it creams. Pour into oiled pan and cut in squares.





Corn Products Recipes



DIVINITY FUDGE

- | | |
|-----------------------------------|-----------------------------------|
| 2 cups Granulated Sugar | $\frac{1}{2}$ cup Chopped Nuts |
| $\frac{2}{3}$ cup Karo, Red Label | $\frac{1}{2}$ cup Chopped Raisins |
| $\frac{1}{3}$ cup Water | 1 teaspoon Vanilla |
| 2 Eggs (whites only) | |

BOIL sugar, Karo and water together until it forms a hard mass in cold water. Beat whites of eggs very stiff and beat in nuts and raisins. Pour on the hot syrup, beating constantly. When mixture will stand alone drop from teaspoon onto plate oiled with Mazola.

FUDGE

- | | |
|-----------------------------------|-----------------------------|
| 3 cups Granulated Sugar | 1 tablespoon Mazola |
| 2 cups Light Brown Sugar | $\frac{1}{4}$ teaspoon Salt |
| $\frac{1}{2}$ cup Karo, Red Label | $\frac{1}{2}$ pound Nuts |
| $1\frac{1}{2}$ cups Milk | |

MIX brown and white sugar thoroughly, add Karo, milk, Mazola and salt. Cook until it forms a soft ball when dropped in cold water. Remove from fire, add flavoring, and let stand until cool. Beat until creamy, pour into pan oiled with Mazola and cut in squares.





Corn Products Recipes



KARO TAFFY

1 cup Brown Sugar
 $\frac{1}{2}$ cup Karo, Red Label
 $1\frac{1}{2}$ tablespoons Mazola

1 tablespoon Lemon Juice
 $\frac{1}{2}$ teaspoon Lemon Flavoring

COOK sugar, Karo, Mazola and lemon juice until it forms a hard ball in cold water. Add flavoring. Pour into pan oiled with Mazola and pull when cold.

FONDANT

2 cups Sugar
1 tablespoons Karo, Red Label

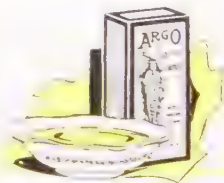
1 tablespoon Mazola
 $\frac{1}{2}$ cup Water

COOK sugar, Karo, water and Mazola until it forms a soft ball when dropped in cold water. Remove from fire and let cool. Beat until creamy. When too stiff to beat work with hands until soft and fine. Flavor and shape as desired, and dip in melted chocolate. Nuts may be used for centers. Coloring or cocoa may be added.

Fondant may be used as a filling for dates, after which the dates may be rolled in sugar, making a delicious confection.

Cocoanut or chopped figs may be added.

For peppermint candy, add a few drops oil of peppermint.





Corn Products Recipes



KARO CARAMELS

2 cups Granulated Sugar
1 $\frac{3}{4}$ cups Karo, Blue Label
 $\frac{1}{2}$ cup Milk

$\frac{1}{4}$ cup Mazola
1 teaspoon Vanilla
1 cup Chopped Nuts

COOK sugar, Karo, milk and Mazola until it forms a firm ball in cold water. Remove from fire, add vanilla and nuts and pour into pan oiled with Mazola.

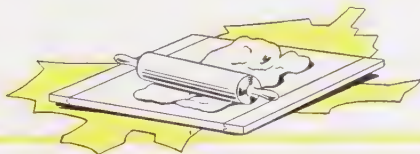
POPCORN BALLS AND FRITTERS

AFTER the corn has been popped, take from the quantity any uncooked or partially cooked grains, being sure to have only fine, large, puffy ones. To one cup Karo, Blue Label, allow one tablespoon vinegar. Boil together until it hardens when dropped in cold water. When ready, pour over the popcorn while hot. As soon as cool enough to handle, butter the hands well and form the mass into balls.

To make Popcorn fritters, form the mass into flat, round cakes instead of balls.

SALTED ALMONDS

BLANCH almonds by pouring boiling water over them. Let stand a few minutes, remove skins





Corn Products Recipes



and dry in oven. Fry in deep, hot Mazola. Remove from kettle and sprinkle with salt. Place in oven a few minutes to dry.

PEANUT BRITTLE

1 cup Karo, Blue Label	2 tablespoons Water
1 cup Brown Sugar	1 cup Shelled Peanuts
2 teaspoons Mazola	

BOIL sugar, Karo and water until it is crisp when dropped in cold water. Just before taking from fire add Mazola and nuts. Pour into tin oiled with Mazola.

GLACE NUTS AND FRUITS

$\frac{1}{2}$ cup Karo, Red Label	2 tablespoons Hot Water
$\frac{1}{2}$ cup Granulated Sugar	

BOIL until syrup brittles instantly in ice water. Keep hot in double boiler. Dip in nuts and fruits one at a time, taking out on the points of a fork and laying on oiled paper. They harden immediately.

Nuts and fruits may also be covered in a way which, while it is not exactly a glaze, is delicious. Melt a portion of Karo fondant in a double boiler, and dip in nuts and fruits as above. As they harden, dip again.





The Waldorf-Astoria,

A STAY of any duration, at the Waldorf-Astoria, will convince even the most skeptical that it merits the reputation as an aristocrat among hotels.

*Fifth Avenue, 33d and 34th Streets
New York*



Corn Products Recipes



ENERGY VALUES of FOODS - CALORIES per LB.				
NAME	1,000	2,000	3,000	4,000
MAZOLA				4080
BUTTER				3410
BACON				2836
PEANUT BUTTER				2741
CREAM CHEESE				1885
SMOKED HAM				1880
SUGAR				1814
KARO				1750
STICK CANDY				1743
MAPLE SUGAR				1685
ARGO CORN STARCH				1635
MACARONI				1625
BEANS				1564
RAISINS				1562
PORK CHOP				1530
HONEY				1480
LAMB CHOP				1425
FRUIT JELLY				1421
WHEAT BREAD				1182
CORN BREAD				1175
SALT FISH				1076
FOWL				1016
CREAM				865
EGG				672
CANNED FRUIT				578
FRESH FISH				552
GREEN CORN				459
BANANNA				447
GRAPE				437
POTATO				378
GRAPE JUICE				370
MILK				314
APPLE				285
ORANGE				233
OYSTER				228
ONION				220
SQUASH				209
TURNIP				178
STRAWBERRY				177
CABBAGE				143
TOMATO				104

